

Child Care Health Consultation Lesson Plan

Contractor Name: Andrew County Health Department

Date Submitted: May 1, 2015

☐ **Children's Health Promotion**

**Adult Training on
Content Area V:
Health and Safety**

Health and Safety Standards

- ☐ Promoting Risk Management Practices
- ☐ Protecting Children and Youth
- ☐ Promoting Physical Health
- ☐ Promoting Mental Health
- ☒ Promoting Healthy Eating

Training Levels

☐ 1 ☒ 2 ☐ 3 ☐ 4 ☐ 5

Source:
Core Competencies for Early
Childhood and Youth Development
Professionals
(Kansas and Missouri), 2011

**Select one
standard and one
level**

Title: The Link Between Disease and Weight

Training Goal: Participants will calculate body weight, identify a healthy weight, and factors about body type that predispose children and adults to developing chronic diseases if healthful weight is not maintained

Learning Objective(s): Participants will

- Practice calculating Body Mass Index (BMI)
- Identify several chronic conditions that can develop as a result of being overweight or obese
- Distinguish between different body types and how being overweight affects the different body types
- Receive resources that support achieving and maintaining a healthy body weight to prevent development of chronic conditions

Topical Outline of Content	Training Method(s)	Time (in minutes)
Introduction of topic	Discussion	10 min
Body Mass Index (BMI)—how to calculate, definitions of normal, overweight, and obese	Discussion/Q & A	10 min
Chronic conditions that can develop from overweight/obesity Heart disease, hypertension, stroke, cancer, sleep apnea, arthritis, liver & kidney damage	Discussion/Q & A	10min
Body types (apple, pear) – how fat is stored and damage that it can cause based on body type	Discussion/Q & A	10 min
Can damage be reversed? What can be done? Preventing problems and further disease development	Discussion/Q & A	10 min
Seeking medical advice, resources for health: American Heart Association www.heart.org Centers for Disease Control & Prevention www.cdc.gov National Institute of Health Weight Control Informatino Network www.win.niddl.nih.gov American Diabetes Assn. www.diabetes.org USDA www.choosemyplate.gov Academy of Nutrition and Dietetics www.eatright.org	Discussion/Q & A	10 min Total time: 1 hour

Method(s) of Outcome Evaluation: Discussion based Q & A, verbal responses to discussion return demonstration of calculations

FOR MISSOURI DEPARTMENT OF HEALTH & SENIOR SERVICES USE ONLY

Date Approved:
May 14, 2015

Authorized Approval Signature:



Date Expires:
May, 2018